

Community Alternatives to Psychiatric Residential Treatment Facilities Demonstration Grant Abstract

Alaska

Alaska's 3-M Service Delivery Focus: Modeling, Mentoring and Monitoring. Effective HCB Interventions for Children, ages 14-21, with SED/FASD:

GOAL: To reduce the number of youth, ages 14 to 21, in PRTF's who are Severely Emotionally Disturbed (SED) and have Fetal Alcohol Spectrum Disorder (FASD) through individualized, culturally appropriate, effective interventions delivered as close to home as possible.

PROBLEM: Children with disabilities, such as FASD/FASE, are particularly difficult to identify accurately, often misdiagnosed, and are subsequently provided with treatment that is ineffective. SED/FASD children stay in RPTCs nearly twice as long as the general population because traditional mental health treatments are not successful due to brain damage caused by exposure to alcohol in utero. In older children health issues are complex; coping and learning skills are often compromised so they are more susceptible to pregnancy, poverty, drug and alcohol abuse, incarceration, and victimization than others in this transitional age group.

The target population has an FASD diagnosis or is suspected of having FASD based on an established set of criteria including: low cognitive functioning, behavioral dysfunctions, history of multiple failed placements, or knowledge of mother consuming alcohol while pregnant. Children with SED and suspected FASD are systematically identified and referred for evaluation by Alaska's proven FASD diagnostic system. Ongoing quality assurance and person-centered, strengths-based case planning based on documented need, will deliver services in the practice-based model shown to be effective with this population when other interventions have failed. The **"3-M Service Delivery Focus: Modeling, Mentoring and Monitoring"** also mirrors Alaska Native practices of modeling desired behaviors and mentoring children to learn their roles in the larger culture and is important since Native Americans are disproportionately represented in the target group. Monitoring outcomes provides practice evidence documenting effectiveness of 3M interventions.

The "3M-Focused" services allow youth to transition to communities from PRTF placements and will divert them from PRTF admission. Effective service delivery through intensive case management ensures children receive specialized SED/FASD wraparound supports. Services include: intensive case management, habilitation (day and residential), training, counseling, consultative services, community transition services, supported employment and respite for residential or in-home settings as determined by functional assessments. Services arrays are based on assessed functional needs and age. Project funds support FASD diagnostic evaluations, hiring and training specialized case managers, developing FASD-focused training for caregivers and mentors, and providing treatment services to address behavioral health issues while supporting the child's transition to independent living.

Proposed outcomes include:

- Increase number of referrals from children with suspected FASD for evaluation in Alaska prior to developing a targeted case plan.
- Accurate diagnoses and effective interventions will reduce numbers returning to RPTC care.
- FASD-trained specialists develop person-centered, strengths based case plans with **3M**-based interventions for each child in the demonstration.
- Overall length of stay in RPTC's for target population is reduced. (Currently twice that of others in RPTCs)
- Effective treatment plans based on accurate diagnoses reduce service delivery cost.
- Increase number of children receiving effective interventions in communities or regions of meaningful ties.
- Majority of clients and families express satisfaction with services received
- Target group will show functional improvement in one or more life domain.